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The Bond Briefing

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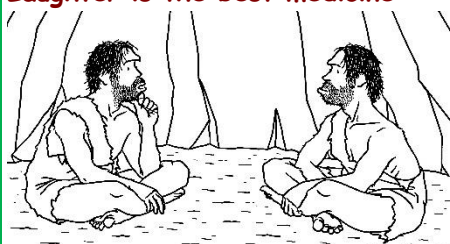


RATIONAL EVIDENCE-BASED COMMENT FOR THE GENERAL PUBLIC & HEALTH PROFESSIONALS. WE SAY EXACTLY WHAT WE THINK

Human Mental Health: Laughter is the best medicine. **Ancestral Feeding Patterns:** Is Time Restricted Eating (TRE) Paleo? - part IV. **Hints:** Ethically Farmed Salmon. **News Shorts:** Alzheimer's linked to omega-3 deficiency in women; Again – 2 eggs a day are good; More plant oils, less butter, better health; Magic mushrooms ease cancer depression; Psychedelics quench inflammation. **Human mentality:** Savanna-bred brains subverted by Western reductive thought (11). **Health Policy:** FDA will disclose adverse events publicly in real time.

Human Mental Health

Laughter is the best medicine



"Something's just not right – our air is clean, our water is pure, we all get plenty of exercise, everything we eat is organic and free-range, and yet nobody lives past thirty"

Cr: CartoonStock

We can all have a little chuckle at this even though my readers will know that it is a fallacy to think that there are no old people in a forager band See: **"Life Expectancy" Delusions, March 2005** [1], **Grandmothering key to human life-span, Feb 1999** [2], **Forager longevity, Sept 2011** [3].

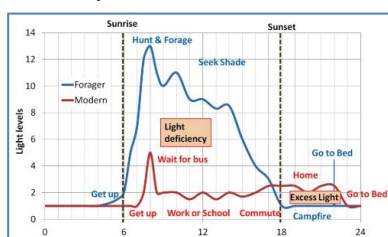
And one of the features of forager life was they loved joking and having a good laugh. Now, according to a study from Spain, laughter therapy was consistently linked to reduced anxiety and improved life satisfaction [4].

Say the researchers laughter reduced the stress hormone cortisol and increased feel-good endorphins in the brain.

My View? My first thought was: how did the research find anything to laugh at? >p3

Ancestral Feeding Patterns

Is Time Restricted Eating (TRE) Paleo? - part IV



Sunlight Exposure: Forager blue line; Moderns brown line.

Enlarge: <http://bit.ly/2sVPvT2>

Last month we saw how, in his book *The Circadian Code*, Dr Panda describes how light during the day triggers the body's clocks into daytime operational mode. But: light AT NIGHT can trigger the daytime mode again thereby interrupting the body's nighttime mode. And, as we saw in **Part (1), May 2025** [5], nighttime mode is vital: it is when every organ, every cell even, is doing its housekeeping – detoxifying, renovating, and rebuilding for the rigors of the coming day. When this process is interrupted, suppressed, or curtailed, deterioration sets in culminating in the litany of metabolic diseases alluded to in **Part (2), June 2025** [6]. For example, lack of sleep is associated with Alzheimer's – see: **Sleep detoxifies brain, Nov 2023** [7]. Also see: **Breast Cancer & Dim Night Light, Aug 2014** [8]; >p3

Hints & Tips

Ethically Farmed Salmon



Aquaculture Stewardship Council (ASC) logo

Seafood in general, and salmon in particular, is a regular standby in our diets.

The difficulty is that wild salmon is expensive and scarce and farmed salmon, in the early years, got itself a bad name for its squalid factory farming methods. See: **Knocking farmed salmon, June 2003** [9].

However, over the years husbandry has improved. See: **Fish-farmed Salmon, Feb 2023** [10]

Even so, you can go one stage better and look out for the ASC logo above. ASC has several worthy aims, one of which is "To foster fish health and welfare".

>p4

Alzheimer's linked to Omega-3 Deficiency in women

A study on 841 patients who had cognitive impairment found that, in women only, their condition was linked to very low blood levels of omega-3 together with abnormally high levels of saturated fats [11]. Think the researchers, maybe this explains why twice as many women as men get >p4

News Shorts

Again: 2 Eggs a Day are Good



From my first writings in the 1990s on the matter, I have explained how eggs, since the dawn of time, were an ever-present component of the forager diet and that their cholesterol content is of no consequence [12]. In support I even quoted a well-conducted study carried out as long ago as 1977 [13].

Indeed, foragers have the lowest levels of blood cholesterol in the world in spite of eating **MORE** cholesterol than the average westerner [14].

Moreover, even the USDA Dietary Guidelines for Americans were already saying in 2015 that: "... cholesterol is no longer a nutrient of concern" [15]. In 2018, I reported a study which found no connection between egg-eating and CVD [16].

But, hey-ho, a so-called "world-first" study announces with great fanfare that "cholesterol in eggs doesn't raise bad cholesterol" [17].

The study concludes that eating two eggs a day can actually lower 'bad cholesterol' (LDL) and even lower the risk of heart disease.

The researchers further opine that it is the saturated fat in the bacon and sausages eaten with the eggs which is the real villain.

My View? Of course, eat eggs without hesitating. It is more important to get the best quality you can in order to have

an ideal fatty acid profile. See ref [18] where I report from a study: "on the Ampelistra farm in Greece, purslane [rich in omega-3 oil] is plentiful and grows wild; the chickens make a feast of it, along with insects and lots of fresh green grass, supplemented with fresh and dried figs, barley flour, and small amounts of corn. . . . As we expected, the eggs contained substantial amounts of omega-3 fatty acids."

So, if you can get it, farmyard raised is best, then pasture raised, then organic free-range, omega-3 rich eggs. Don't even think of battery eggs!

More plant oils, less butter, better health

Researchers examined diet and health data from over 200,000 people followed for more than 30 years and found that higher intake of soybean, rapeseed (Canola), and olive oil, was associated with 15% lower total deaths (that is, deaths from any cause), cancer deaths, and cardiovascular disease deaths.

In contrast, butter intake was associated with 16% increased risk of total deaths and cancer deaths [19].

My View? Note that these 'good' plant oils are exceptional for **NOT** being the omega-6 seed oils (like sunflower, corn, safflower, etc.) demonised both by us and Health Secretary, Robert F Kennedy Jr. See: **RFK Jr war on seed oils**, [March 2025](#) [20]

As for butter, it hardly needs me to reiterate that it is not good for human health, especially the arteries.

Its cargo of saturated animal fats, notably myristic acid and palmitic acid, are particularly bio-available (too easily absorbed) and harmful. See: **Fatty Acids in the Body**, [Deadly Harvest](#), [chapter 4](#) [21], p 106.

Magic Mushrooms ease Cancer Depression

In **Psychedelics in Perspective (6)**, [August 2024](#) [22], I reported how psychedelics, notably psilocybin, the active ingredient in magic mushrooms, are proving helpful in treating mental health disorders.

Now a study finds that a single 25mg dose provides depressed cancer patients with relief for at least **TWO YEARS** [23].

My View? In **Psychedelics in Perspective (7)**, [Sept 2024](#) [24] I observed that magic mushrooms appear to have been ubiquitous in the human environment since the dawn of humanity.

So it is possible that psilocybin is more than just a treatment, it is a missing ingredient in our ecology, and that we are all suffering from psilocybin deficiency disease!

Yes, this is tongue in cheek, but I leave the thought hanging, nevertheless.

Meanwhile, for McGilchrist's skeptical point of view see: **Savanna-bred brains subverted by Western reductive thought (11)** page 3.

Psychedelics quench inflammation

It is still not clear how psychedelics work to improve mental health but now a study does find an unexpected angle – they quench brain inflammation [25].

The researchers acknowledge that this does not explain the long-lasting effects of a single dose (see previous article) but research is underway on non-psychiatric uses of psychedelics – notably in the treatment of irritable bowel disease, Lyme disease, and fibromyalgia.

Human Mentality

Savanna-bred brains subverted by Western reductive thought (11)



Continuing insights from psychiatrist & neuroscientist, Dr McGilchrist's (cr [26]) majestic work [27]

[Last month](#), we saw how, in McGilchrist's view, modern civilization has been taken over by left-brain thinking, akin to schizophrenia, which will lead to its ultimate demise.

This is because the organization of society has focused on the left brain's need to control, which it does by breaking down the complex flow of activity into component parts and systematizing them into a sterile pattern of bureaucratic procedures.

In other words, it loses the right brain's over-arching **CONTEXT** of the infinite variety of human experience, its creativeness, its intuition, its flights of fancy, and its sense of awe and wonderment.

Psychedelics

In this regard, McGilchrist says that he is sometimes asked if the experiences of people taking hallucinogenic drugs are due to right hemisphere 'release'.

He is very doubtful of this. Just on principle they are likely to be caused by suppression of the 'common sense' of the right hemisphere.

There is not much direct evidence but experiments with LSD in the 1960s (unlikely to be repeated today!) on patients with damage to either the right or the left brain found that hallucinations were much more

common in right-brain damaged subjects [28].

In other words, without the right-brain's mastery of control, the left brain was free to indulge its propensity to engage in confabulations and delusions. For example, "we all see faces in the foliage of trees but most of us [with healthy brains] disregard the likelihood that these are secret agents sent to spy on us."

Overall McGilchrist is dismissive of psychedelic drugs. "They are not necessary for spiritual experience but might be useful for some people." [29]

He also recognizes that psilocybin is showing promise for mental health disorders (see: **Magic Mushrooms ease Cancer Depression**, page 2). But he also says we are playing with fire: psychedelics can scramble your brain.

[Next Month](#): Part (12) and still to come: Imagination, Intuition, Awe & Wonder, Truth, Beauty & sense of the Sacred, Ultimate Reality

Health Policy

The Make America Healthy Again (MAHA) movement is shaking up the medical-industrial bureaucracy.

The FDA will disclose adverse events publicly in real time.



The Food and Drug Administration (FDA) has started to publicly report adverse events to drugs and some vaccines as they happen, a change FDA Commissioner Dr. Marty Makary said promotes "radical transparency." [30]

"People who navigate the government's clunky adverse

event reporting websites should not have to wait months for that information to become public. We're closing that waiting period and will continue to streamline the process from start to finish."

My View? This is an overdue shake-up to BigPharma, who have long had a cozy relationship with the FDA to find ways to spin, make light of, or even bury "adverse" reactions to their drugs.

See: **Fighting the Mainstream Health Establishment – part II, March 2022** [31].

Continued from Page 1

Laughter is the best medicine



For it seems to me that we have entered a puritanical age where we have to tread on eggshells, and comedies from the 1980s come with trigger warnings or are simply Bowdlerized [32].

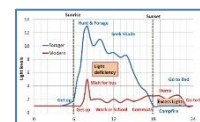
But pat comes the answer: The study's most effective therapy was "laughter yoga". Laughter yoga? "It combines **SIMULATED** laughter with yogic breathing, chanting, clapping, and movement."

That's it then: is fake laughter all that we are left with?

Continued from Page 1

Is Time Restricted Eating (TRE) Paleo? – part IV

... **Night light: CVD, Obesity & Diabetes link**, [April 2022](#) [33].



Indeed, there are two aspects to this: a) poor sleep, meaning not enough of it, interrupted, and poor in quality; and b) sleeping with a light source even a relatively dim one.

As I mentioned in April 2022 (above), even in full moonlight, foragers would only be exposed to 0.3 lux at night, whereas a bedside lamp or TV screen provides 100 lux. As a rule of thumb keep the bedroom so dark (maximum 3 lux) that it is hard to move around without bumping into the furniture.

Dr Panda has the usual recommendations: go to bed early enough to avoid having to wake up with an alarm clock, avoid bright light towards bedtime, avoid screens before going to bed, avoid blue light (put your computer screen on 'night light' mode with its warmer colours), keep to a regular schedule (no weekday-weekend disparities).

Use blackout curtains to cut street lighting (see: **Light Pollution is bad for the Body-clock**, [Jan 2020](#) [34]) and, if necessary, sleep with a mask.

If you have to get up in the night, use the dimmest of light – above all don't switch on the overhead lights – let alone spend an hour reading a book or doing the ironing!

Note that this last recommendation is completely at odds with the advice of sleep scientist Matthew Walker in: **Insomniac Tip: Second Sleep**, [Jan 2020](#) [35] and, in the same issue: **Night Sleep in Two Goes**. My View? Foragers, even if they slept "in two goes" would still have had only moonlight and/or firelight while they were awake. So I think Dr Panda wins that argument.

[Next month](#) – part V: Synchronizing eating patterns.

Continued from Page 1

Ethically Farmed Salmon

It only awards certification to those farms



which practice "responsibly farmed seafood". [36]

That said, ASC does not control the fish-oil content of the salmon – for that you still have to study the small print on the nutrition label.

Continued from Page 1

Alzheimer's linked to Omega-3 Deficiency in women

... diagnosed with Alzheimer's. They don't know what it is about being a woman that has this effect but they go on to say, "Women should make sure they are getting omega-3 fatty acids in their diet - through fatty fish or via supplements."

My View? Just so! Brain inflammation is a sore contributor to Alzheimer's and omega-3 fatty acids, which are ANTI-INFLAMMATORY, can be one of the antidotes.

Paleo in a Nutshell: Geoff's latest work encapsulates, concisely and easily, current thinking on living the way nature intended. www.paleo-nut-shell.com

email: admin@NaturalEater.com



Paleo Harvest Cookbook: Over 170 delicious, Bond Precept conforming recipes www.paleo-harvest.com



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1 <https://bit.ly/1ZGXnkp>

2 <https://bit.ly/3COMzXD>

3 <https://bit.ly/1sX4IH2>

4 Porras-Jiménez, YM., Laughter Therapy in Adults: J Happiness Stud 26, 99 (2025). DOI: 10.1007/s10902-025-00934-z

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27 The Matter with Things, 2023, ISBN: 978-1-914568-25-1

28 Serafetinides, E.A. The EEG effects of LSD-25 in epileptic patients before and after temporal lobectomy. Psychopharmacologia 7, 453–460 (1965). DOI: 10.1007/BF00402367

29 McGilchrist/Philip Pullman, YouTube, from 3'12" <https://bit.ly/4mCfvLR>

30 <https://bit.ly/4pCpx2p>

31 <https://bit.ly/3rZq6ag>

32 In 1818, Thomas Bowdler published an edition of Shakespeare from which 'unseemly' words and expressions were expunged. The term 'Bowdlerization' is also used today to describe Political Correctness censorship

33 <https://bit.ly/429wbjV>

34 <https://bit.ly/3z0M8vN>

35 <https://bit.ly/3z0M8vN>

36 <https://asc-aqua.org>